

## ABSTRACT

A recording and reproducing apparatus and a recording and reproducing method capable of making correspond to original data without recording repeated data are provided. The recording and reproducing apparatus includes: reproducing element 2 for reproducing main data and TOC data for managing the main data that are recorded in CD 1; recording and reproducing element 7 for recording in and reproducing from HDD 9 the main data reproduced from CD 1 and PBLIST 11 for managing the main data; end detection element 4 for detecting an end of each track of the main data; complete reproducing detection element 3 for detecting that track has been reproduced completely; renewal element 8 for renewing PBLIST 11 to be recorded in HDD 9 based on detected results from end detection element 4 and complete reproducing detection element 3, and generating element 5 for controlling recording the main data in HDD 9 based on PBLIST 11 and controlling renewal element 8 so as to renew PBLIST 11 when the main data is recorded in HDD 9.